



The Arte of Loue.  
OR,  
*Loue discovered in an  
hundred seuerall  
kinds.*



Printed at London by P.S. for *William  
Leake*: and are to be sold at his shop  
in *Paules Churchyard*, at the signe  
of the Greyhound.

1598.







*To the Right Worshipfull  
Ma: Henry Prannell  
Esquire, the true Friend and  
Fauourer of all laudable  
Professions.*



IR, the stranger  
may these my sa-  
lutations seeme  
vnto ye, in that I  
being a Stranger  
and neuer treading on English  
ground till this instant, make  
choice of you for my first En-  
tertainer, intruding my selfe as  
a guest, whereas yet I haue no  
acquaintance at all. But if you

A 4

shall

## *The Epistle*

shall deeme me blame-worthy  
heerein, (as I will not greatly  
stand in maintaining anie pre-  
sumption) the fault indeed is a  
kinde Countrimans of yours,  
who would needes haue mee  
leauē my honourable Friends  
in *Italy*, and those great prefer-  
ments allotted me in *France*, to  
trie the aire & climate of faire  
*Englands* Maiden Kingdome.  
And whereas diuers others in-  
treated me to honorable habi-  
tations, yea, as great places of  
reckoning as anie mine owne  
natiue Soile affoorded me: yet  
the perswasions of this your  
wel-wishing Friend hath ouer-  
ruled

## *Dedicatorie.*

ruled me, to lay all my fortunes  
at your feete, & either by your  
fauour to liue here for euer, or  
by your discountenance to re-  
turne backe disgraced. The  
rude English I speake, I learnd  
it of him: the danger I may in-  
curre, I impose vpon him: one-  
ly (for his friendly association  
in my trauell) if you allow me  
anie grace, bestow it on him.  
For, as his affection to you ex-  
ceedeth that of manie: so, (in  
mine opinion) if you trie him,  
you shall finde him as forward  
to your welfare as anie.

*Your Worships to bee  
commaunded:*

*Hecatonphila.*







*In Artem amandi*  
Decastichon.

*EXimie scripsit Cicero, bene pinxit Apelles,  
Inuidia morsum sensit uterque tamen.  
Conscia mens recti cum te comitetur euntem,  
Sperne venenato quicquid ab ore fluit.  
Quod liber est nitidus, miscetur & utile dulci,  
Dexter Apollo tibi; Fama perennis erit.  
Ergo macte animo, nec publica comoda tardes,  
Ingenij vinent sic monumenta tui. (thor,  
Candidus Interpres laudetur, & optimus Au-  
Vinat uterque diu, cedat utrique decus.*

FRANCISCVS MERES.





## The Argument.

**V**Incenzio Bentiuoli beeing  
Duke of Ferrara, a solemne  
contract of marriage was cō-  
cluded, betweene Ludouico his  
Sonne, and faire Annabella,  
Daughter to the Marquesse of  
Mont-Ferrat. And when the  
time of the Nuptialls came to bee  
perfourmed, there wanted no re-  
sort of honorable Personages, nor  
anie magnificent cost and royall  
pompe, as might well be seeme a  
matter of such importance, as al-  
so the time so necessarily vrging  
it. Triumphes, Tiltes, Maskes,  
Barriers, were one while Compa-  
nions with this gracious Assem-  
blie, then another while stately  
Tra-

## The Argument.

*Tragedies, and queint conceited Comedies holpe to beguile the idle horres: & when neither of these were thought expedient, then ciuill discourse and familiar conference liberally passed between the Lords and Ladies.*

*Into seuerall Companies were these Discourfers deuided, some intreating on martiall affaires, others of ciuill and domesticall occasions. But they who are the Argument of our present Treatise, their talke consisted onely of Loue, laying downe Rules, grounds, and principles, whereby (at full) to instruct the true Arte of Loue.*

*One*

## The Argument.

*One Ladie (among the rest, tearing her selfe Hecatonphila) was allowed to be chiefe Speaker in this discoursing of Loue: and though at diuers times before shee had indifferently instructed all (or at least the most part) of them, concerning the proceeding in so weightie a matter, yet now at this instant they request a further satisfaction.*

*Shee, loth to denie anie thing remaining in her power, and seeing the pastime which was prepared for that night to be a pleasant Comedie, euen almost at the point of presentment, while the Actors were attiring and furnishing them-*



## The Argument.

themselves to their intended mer-  
riment, she deliuered this her short  
Instruction to the Arte of Loue,  
fitting it with the breuitie of the  
time, & the earnest desire of them  
that so much importunde her  
theretoo, beginning her Discourse  
as hereafter followeth.

HECA-



# HECATONPHILA

*The Arte of Loue.*

Written by Master Le-

on Baptista Alberto, Flo-

rentine: wherein is taught

ah hundred kindes of

*Loue.*



Take it to be a part  
of humane, as  
also an action of  
pitye & compas-  
sion, seeing for the  
most part amongst  
you (faire Ladies)

To manie signes of an afflicted spirite,  
onely through the weightie oppres-  
sions of loue, that by all the wit and  
cunning remaines in me, I should in-

B

struct



## *The Arte of Lowe.*

fruct how this burthen might bee  
more easie, and lesse troublesome vn-  
to you.

For beholding at this instant (most  
sweete Sisters) manie of yee leaning  
your heads on your hands, others  
crosse armd ore the breast, some (bit-  
terly sighing) hiding their eyes with  
their fingers, other some lending  
their lookes to all parts of this Thea-  
ter, as it were to espie among the mul-  
titude, the man whom they most of all  
expect, & with greatest longing de-  
fire to see.

Whereby I cannot chuse but take  
pittie on them, whom I know to bee  
in the same agonie, which I my selfe  
haue beene ofore sick; being then lesse  
sone and skild in loues affaires, than  
now I am at this instant.

Now albeit you are furnished of  
good iudgement and singular wise-  
dome, whereby to direct & gouerne  
ye in the case of Lowe; yet make no  
doubt



doubt at all (faire Patronnes of beautie) but being lesse experienced therein than I, that you shall heare something deliuered from me, as pleasing to heare, as profitable to practise.

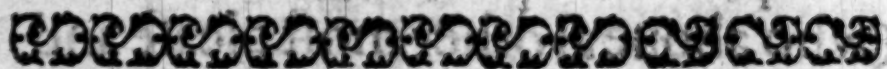
At no time can bee found a better Phisition, than hee, who hauing first tasted an infirmitie him selfe, learns thereby the skill of helping others infected with the same disease. As for my self, concerning mine own loue, and others made knowne to mee; I finde, that without anie repenting, I haue satisfied my desires (for one woman) more than an hundred other Louers could doo: so that at euerie Fall of the leafe, & likewise for euerie Summer season, I might iustly make account of a whole yeres experience in loue.

Vpon this occasion, learned men (who aboue al other most please and content me) in their priuate amorous Discourses call mee *Hecatonphila*,  
B 2                      which

## *The Arte of Loue.*

which is as much to say, as *An hundred Louers*; wherefore from me, beyond all others, they would seeke to gather the fruites of the second Triumph, concerning the *Sweetes and pleasures of Loue.*

Therefore (faire Friends, and my dearest Delights) while the Comedians delay their time of appearing on the Stage, listen to me as diligently and attentiuely as ye can; yea, to me I say, who am a perfect Mistresse in this Arte, and desirous withall to make you deeply learned therein; that you may learn how to end your Loues with maruellous pleasure and contentment, without dread of anie sinister accident, that may befall in the progresse of your loue.



C A P.





C A P. 2.

**A**S concerning mine owne Loues, (which till this instant were neuer more than two) with those of others, wherein I haue imployed my labour and industrie: but onely of the first, thorough my want of prouidence, I haue no great occasion to complaine : And that was in my yong yeares, when I set a high rate on mine owne beautie, esteeming more a bare victorie of opinion, than the endowment of such an especial occasion, wherby I might soly studie & endeouour, to make my selfe faire and beautifull indeed.

But for this euer afterward I gaue thanks to *Venus* and *Cupid*, who in my first affections & yonger errors, gaue me a Loue discrete, wise, modest,



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deft, vertuous, pittifull, patient, and worthie of all commendation : of whom I learned (that which is onely sufficient) to loue secretly, and without pride, controuling daylie mine owne imperfections, and practifing the knowledge of manie things necessary to true and perfect louing: as for example, to rehearse large Hiftories by lookes onely, & other especiall matters by least suspected behauiour.

But most happy is the Louer whatsoever, whose fortune is so good as to light on so true and faithfull a Friend: sweet loue, sweet pastime, but sweetest of all is the first kindled heate, which brings the louer both pleasure and profit together, whereby he may the better attaine his owne contentation.

The first loue, being not counterfet but surely grounded, can neuer be remooued from the remembrance; but  
truly

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truly the sweetnes of those idies were rare and numberlesse, were they not often troubled by crooked & finisten meanes, as oftentimes happens to vs women, such as I was in my yong & vainer dayes, as shewing our selues too disdainful, & reckoning the meannest of our owne priuate opinions, to be farre beyond all others.

Foolles that wee bee, how manie wonderfull pleasures lose we, in nice shunning them? Afterward, both alone and publique, how much do we bemoane our owne stearne rudenesse? Thus first (through our owne fault) we finde the cause of our annoiance, til with floods of teares we weare out the flint of our stonie stubbornnesse, learning thereby to become more milde and tractable.

It is best then to learne, how to loue without fiercenesse or disdain, but it falls out verie sildome, that without some bitternesse one can  
B 4 endure



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endure the sweete which growes by  
Loues beginning, except wee first  
make choyce of such an one, as shall  
appeare most meete and worthie to  
be beloued.

Listen then (faire Virgins) & learn  
of me to passe pleasantly the course  
of your life, as also to bring such qui-  
et to your Loue, as the issue thereof  
shalbe most peaceable and glorious.



### C A P. 3.

Eere then will I first instruct  
ye, how to make choyce of  
a right good Louer: & af-  
terward teach, in what ma-  
ner and by what arte you may take &  
entertaine him, with all the grace &  
good wil in such cases requisite. Last-  
ly, ye shall vnderstand from me, with  
what ease and securitie yee may long  
time



time triumph in your amorous enterprises. For which good Lessons, I wold next of all know, what thanks or kindnes (on your behalfe) I shalbe requited withall?

But out alas, what recompence shal I expect fro ye (faire louely Creatures) when ye haue proou'd, what pleasure, profit & contentment these my instructions shall enrich ye withall? Well, come what may, I will wayte for nothing else from yee, or make anie other demaund, but when yee haue attentiuely heard my speeches and admonitions, that ye would bestow your loue effectually on the partie, by whom ye finde your selues to be loyally beloued.

For this I dare certainly assure yee, that whatsoeuer she bee among yee, that in her course of loue will not obserue my Aduertisements, let her neuer looke for anie amorous content, without verie great crosses and per-

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perturbations, neither shall shee liue without the charge and oppression of infinite cares, greefes and heart-killing passions. Listen then aduisedly, how much it shal auaille ye to loue discreetly, and how preiudiciall beside, the want of this knowledge in loue will be vnto ye.

### C A P. 4.

**F**irst then must wee shew yee, what kinde of Louers they ought to bee, of whom you should make choyce: and therefore (sweet Sisters) bee carefull of this first precept, that yee chuse not a man either too yong, or ouer-wearied with yeares: for no age can bee more successfull in louing, than when a man is in the state of firme strength & abilitie: which being alreadie spent and gone in old men, makes them vnapt or incapable of those sweet pastimes  
the



the case of Loue requires.

Think with your selues what a hell it is, to loue where the like cannot be returned againe. Whereas the able gallant Youth, being in the first flower of his manly age, hath a most delicate aspect or countenance, declares a more firme & potent constitution, and is able to endure watchings or other weightie burdens, in better sort than those of weaker disposition can.

But learne with me (I beseech ye) to know, how many discommodities attend vpon such men, as being ouer yong, are likewise vnapt for loue.

They are not expert, & euery smal occasion seemes in their mindes to make a verie great shadow, being alwaies hasty, & subiect to no patience.

They are sudden, rash & indiscreet, knowing little, & therefore improuident, suspitious in all things, & easily caried away with any disdainful conceit. Sildome shal ye see thē without some folowing friend, to whom they



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wil discourse a whole historie of their amorous passions, taking delight in counterfeiting and defending apparances of truth, and making open vaunts of approoued fallhoods.

Herehence insues it, that these reports passing from one to another, whatsoeuer is spoken of vs women, bee it neuer so false, as quickly will some be found to beleuee it.

Thus by the meanes of these indiscreet yong heads, before wee can scant know the name of him we purpose to loue, wee are made common reports and pratlings of the people.

And sometimes it happeneth, that when all sinister language is silent of vs, then our owne fortune resembles the yong Lionnes following the Hart, who iested & dallied verie long with her, yet in the end cast her off: rather than which inconuenience should happen to me, I would make election of an elder Louer, than one so ouer

ouer yong and voyd of reason.

The Louer more seene in yeares, will be wise, discreet, readie to know and accomplish whatsoeuer, according to time, place, and all offered occasions: whereas the yong gadding head, not obseruing those necessarie rules, can neuer know how to fit himselfe with these needfull furnitures.

Note well the discreet Louer, and yee shall see him silent, secret, patient, modest & aduised: but the yong Fantasticke will go vp and downe all day before your doore; where, though he be alone, yet euerie passenger shal be a witnesse of his inward affection.

The elder Fauourit, except there too induced by some mightie occasion, will neuer giue ouer his enterprise, his Loue is his hearts Heauen: but if he cease to loue, yet neuer will he become an enemy, hate, or seeme molestuous vnto ye, either by word or deed.

The



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The yong wanderer, like one that newly comes into a publique market place, walkes along euerie side, and admireth all things, desiring to inioy each thing hee beholdeth: but with the least looke he is presently chaunged: and no greater miserie can happen to her that truly loueth, than to affect the man, whose heart and soule are not solemnly dedicated and linkt together, to desire or couet more than one onely Loue.

But that which is worst of all, these young amorous Gallants, for euerie smal occasion giue over their affection, conuerting their behauiour and all else towards vs, as if we were their verie greatest enemies.

Vnhappie then are we, that by louing such yong straglers, proud minded, and voyd of counsell, must liue continually in feares, compassed in with worlds of endlesse molestations.

In



*The Arte of Loue.* 8

In a soft and gentle molde, anie print or forme we like, may easily be effected: euen so in this first estate of Greene & delicate youth, sooner (believe me) may loue be extinguished, than rightly enkindled.

This makes euerie one timorous to deale with so sweete a solace: remembering the beautifull Rose, that it both springs & dies in one Summer; and haile stones fallen in the morning are no where to bee found the same day at night.

Hereby ye may perceiue, faire virgins, that men oueraged, are not the aptest for loue: likewise these younger sort to bee verie daungerous, and therefore not to be dealt withall, but such as flourish in a mature and serled middle age, may perfourme, what the too olde are vnable for, and know that, which those young and Greene wits are vtterly vnexpert and ignorant in.

An

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An apple being well knit together and mellowed, is more sweete and pleasing than when it is greene; yet that apple beeing over-ripe and too much mellowed, becomes wrinckled, saplesse, and wherefore sauerlesse: even such is the loue of men over young and over olde; the one sowre, and shalpe, the other dry and senselesse.

Here too I must now adde, that in loue are infinite pleasures, no lesse delightsome, than to be admired; as in the marriage bed, where is all kinde conference, discovering of griefes, recounting afflictions passed; clearing all suspitions, correcting with sweet accusations one another: thus out-wearing the slow-paced howers, one while with true-loues teares, another while with intyre reioycing.

To the faithfull Louer, nothing is more pleasing, than to feele on her cheekes, or in her bosome, the teares of



of him she loueth, sweetly trickling  
downe: what honnie of Hybla, what  
cinnamon of Arabia, or what Nectar  
prepared for the gods themselues  
to drinke, can be imagined so sweet,  
(saie Glories of Vertue) as one little  
teare of him whom you intirely loue?  
A thing inestimable, a delight admi-  
rable, nothing so precious, where-  
with may not be valued all the pearles  
of India, the gold of the Persians, or  
Emperie of the Latines; no, nor with  
the verie least teare (sweete Sister) of  
thy affected Louer.

Oh happie Maiden, oh fortunate  
Louer, that seest shining in thy soules  
eyes, loue, faith, pittie, and all other  
sweetnes, religiously combyned fast  
together. So that by these, and infi-  
nite other heavenly pleasures, which  
though quadeable, yet heere I let  
passe for breuities sake, and some o-  
ther serious respects: affirming this;  
Greene Youth is not fornye, old Age

is not

C

is



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Is as vnneccessary, only the meane be-  
tweene both, the sound settled spirit,  
is aboue all other to be preferred.



**C. A. P. 5.**  
A thing inestimable, a delight in admira-

**E**ther doe ye haue heard of  
what Age your Louers  
ought to be: there are now  
other things most profita-  
ble, concerning their election, which  
I will rehearse to yee as breiefely as I  
can.

Neuer could I finde my selfe incli-  
nable to loue a man ouer-rich, be-  
cause these money-mongers will buy  
loue without exchange of good will,  
and seeking to serue their turne with  
maile, neuer keepe faith with anie.

As hard a matter do I account it,  
to loue a man ouer-beautiful, because  
he being desired of diuers, though I  
loue

loue him neuer so earnestly, yet shall  
I be in continuall feare to loose him.

As dangerous I take it, to loue a  
man lifted by Fortune to anie great  
dignitie, because he can neuer intend  
to loue without many witnesses, both  
strangers and domesticall, abroad &  
at home.

He can neuer go abroad, but with  
a mightie throng of Seruants and  
Friends, which makes him ordinari-  
ly more noted of the world, than o-  
thers are.

Such men are commonly of proud  
spirit and puffed vp courage, compas-  
sing manie things rather by violence,  
than any fauour, loue, or friendship.

As little wisdom is it, to loue such  
as are slothfull, dull spirited and cou-  
ragelesse, who through want of bet-  
ter wit or exercise, make an arte or  
occupation of their loue, gadding a-  
broad with frizled lockes, embroide-  
red garments, & other open marks of



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their lightnesse, onely but to procure  
their owne scorne and derision: and  
steale from such (faire Sisters) and  
take heed of them, for they loue not  
a iote, but spend the day in these odde  
courses, not as requiring your kind-  
nesse, but for lacke of other labour:  
and looke what they say to you, the  
same will they to whomsoever they  
meete withall; and doubt not, but  
what they speake of others, the same  
will they of you, be it true or false.

I holde it in like manner as blame-  
worthe, to fore-stall good fortune in  
better place, and stoop to the affecti-  
on of a Boore, Peasant, Carterly  
clowne, or such like, because it is a  
submission to men of the very vyllest  
and basest condition: for marke what  
inconuenience followes thereupon.  
These abject hirelings and mercena-  
rie groomes, thinke to attaine some  
title of honour, by giuing it forth in  
publique to be knownen, that they are  
fa-



fauoured by such a Gentlewoman, or beloued by a Ladie of so great height and calling.

Moreouer, vnder colour of religion, to loue him, who pretending zeal in his speeches, shall discouer and re-prooue that publicquely, which himselfe seekes for in secrete, and gladly would attaine vnto; I condemne as much as anie of the rest, and holde it for a misfortune hardly to be repayed.

Then all these rehearsed, *vz.* The too rich, too beautifull, too fortunate, too negligent, too base, and too holie, are men not to bee regarded, neither contained within my lessons, anie way to be beloued; let vs learne to know them then, that are to bee teamed worthis of affection.





CAP. 6.

**M**Ake no doubt (dere Sisters) in fixing your fancies on such a louer, as is not poor, mishapen, defamed, or a villaine: ye shall easily perceiue when he is indued with wisdom, modestie, patience and vertue.

It hath euermore been my natural inclination, to loue such an one, (as I haue said before) that was addicted to good letters, learned, and adorned with manie vertues, euen such an one as my first husband was; whom (indeed) I loued more dearly, than I did mine owne selfe: for hee was of goodly personage, of exceeding qualified conditions, accompanied with a maiestical countenance, gentle & affable, compleat in all parts of humanitie,

manitie, and of a minde (diuine as it were) farre beyond all other men. He abounded in all vertues; especially those that best becomed the greatest Princes, being of comely & strong personage, couragious, hardie, affable, graue, secret, modest, merrie, pleasant, where he deemed it best became him; eloquent, learned, amiable, pittifull, warie, expert, quick witted, and (aboue all) most loyall, & excelling in al the parts of gentlenes.

Verie skilful was he in the exercise of Armes, managing great horses, and either at his launce, bow, or such commendable qualities, right ready; well seene in sciences, musique, painting, engrauiing, yea all other Artes whatsoeuer; and yee can name no laudable action fit for a man, but I imagine he could therein very hardly be seconded.

Impossible it is for mee to recount the moitie of his admirable vertues,



which worthily made him famous,  
affected, and euerie where regarded.

Think then (faire Ladies) I neede  
not be ashamed, both to esteeme and  
tearme him my Lord, being such an  
onely most sweete and loyal Lover,  
neither a matter hard or laborious to  
me, readily and at all times to please  
and obey him; nay, I thought my  
selfe most happie and fortunate, if I  
might expresse my vttermost dili-  
gence, in doing whatsoeuer he plea-  
sed to commaund me.

Who better could deserue such  
dutie and reuerence at my hand, than  
such a worthie husband. Oh my  
Lord, most blessed haue I euer repu-  
red my selfe, seeing Fortune bestow-  
ed such a Loue on me, as had not his  
like. But alas, my mishap chaunced  
afterward, cutting off the felicitie of  
such a heauenly kinde of life, by ta-  
king him from me into a farre distant  
Countrey, and death could bee no  
worse

worse to mee, than this sowre separation: yet this is some consolation to my soule, that the remembraunce of thy faith and loue continueth alieue in me, which I keepe and will doo with all religious duty I can, as a most memorable testimonie of our neuer sundred affection.

Such a Loue as this (faire Ladies) yea, such a Loue, if such a one maye be met withall, doo I counsell ye to make choyce off, and inryrely to loue him, neuer preferring anie to the souereigntie of your affections, but such as are wise, vertuous, and modest.

These are they that will requite your faith and kindnes with endlesse recompences, and by whom ye shall neuer need to doubt any sinister accident.

These (like Poets, Times glories) will make your names immortall, giuing true fame and eternitie to your beautie

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beautie and vertues: *Lesbia, Corinna, Cynthia*, and manie more deceased a thousand yeares since, yet liue, by being beloued of vertuous and learned men.

Loue then (sweete Sisters) those that are learned, wise, modest & vertuous: so shall your liues be heere as none the like, and your loues remembered, as none comparable.



### C A P. 7.



Hus hauing declared, how ye should elect men wor-  
thie of your loue, now will  
I shew the meanes to en-  
tertaine and preserue them still in lo-  
uing.

And first of all let me tell yee (faire  
Creatures) that nothing better be-  
commeth your excellent perfecti-  
ons,



ons, and sooner preuaileth in conquering his heart you ayme at, than a sweete carriage of countenance, as also a comely, discrete, and modest presence: one piercing looke heates and enkindles the dullest desire, one modest amorous glaunce awakens sleepe thoughts, fetcheth fire from the flint, and makes the hart as yeelding, as your own can craue enioying.

Heerein I haue discerned manie young Damosels, (through want of better wit) verie much to deceiue themselves, imagining, that a man no sooner lookes on them, but presently he is in loue with them: which makes them verie liberall in eying euerie one, and take plesure in gazing on each goer by, still thinking theyr beautie increased by their often beholding, wheras men are rather wearied with noting their vanitie.

But beleue me (deare Friends) it is no part of beauties glorie, to attract  
a troope

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a troope of eies, or be beleagerd with an hoast of idle regarders : couet rather priuately to bee seene, as one adorned with vertue, courtesy and humanitie, than gold, purple, silke or filuer, for that shall make thee truly honoured, when the other will leaue thee foolishly despised.

One onely light makes an entyre and perfect shadow, whereas manie lights being together, confounds & defaceth it : euen so from one onely Friend and loyal Louer, true and perfect loue is to bee expected ; for well may she bee compared to the Broodhen, that all the daye long bestowes her paines in all the dust shee meetes withall, and yet sleepe at night hungry and vnlsatisfied.

It is good then for her that loueth, to imploy all her endeouour, to finde the meanes for preserving one entire Loue onely : for how vnwise is shee that considers not, how manie casualties



alties and dangers happen in loue, especially when affection is rousing at more than one marke onely?

Vnderstand (faire Sisters) true loue is a matter immortall, not to bee deuided or seuered: for when it is truly bestowed where your soule solemnly affecteth; what beside it is bragd or boasted on to anie other, is words without worth, and golden shoues with glassie substance.

She that can deuide her liking into diuers parts & proportions, knowes not how to loue indeed, but prophanes so sacred a profession, & shee that labours not to maintaine loue in his true and onely glorie, deserues not to haue the benefites of loue, but rather to be generally hated and condemned.

And though all other reasons auailed as nothing in this behalfe, yet thinke with your selues, that beeing pursued with a multitude of riuals, what



## *The Arte of Loue.*

what expectation is to be had thereof? I will not stand to rehearse all the inconueniences, but let this one suffice for the residue.

If yee lend good looks to euerie one, ye bring your selfe into a hell & intollerable seruitude: for then, if ye grace one more than another, presently ariseth hatred and contentions betweene them. What daily is then to bee lookt for about your doores, but brawles, quarrels, frayes & murders, made onely about you? The people laye the blame hereof vppon you, worthily despising yee for these rude inciuilities.

Some one of them, either to despite his enemye the more, or because he will be singuler in his owne conceipt, beares downe the rest with tearmes and brauadoes, he becomes the kill-cow, he will haue more than anie, though he merit lesse than any: where ere hee comes, hee brags of  
your

your fauours, presents, letters, and tokens, yea, sometime of kindnesse that might be kept closer. And hearing the like deliuered from another, with oathes and protestations, how true I know not, (furie being enkindled) nothing but blood can allay this hot tempest; and you being the cause thereof, are publicly condemned, that neuer can your credit bee afterward repayred.

But admit that all your Louers were ciuill and modest, no way iniuring your fame and reputation, yet shal ye finde great defect in this multitude of followers, and that the prosecuting of their loue will proue very perillous.

Continuall ye will they bee to one another as spyes, murmurers, and secrete enemies, so that no place or time can yeeld yee any safe assurance or priuiledge; but by one or other ye shall bee continually besiedged

## The Arte of Loue.

fiedged, & neuer enioy one minutes  
 rest, from their ceaselesse perturbati-  
 ons.

Therefore would I aduise ye, not  
 to be so generall in your affection, but  
 to elect one Louer onely, such a one  
 as before I haue deciphered vnto ye,  
 to whom ye may safely disclose your  
 hart secretes, and finde your loue e-  
 uerie way effectually required.

To all other beside, ye must be ve-  
 rie scarce and sparing of your beha-  
 uior: for they perceiuing themselves  
 not to be regarded, will suffer yee to  
 enioy your owne choyce the more  
 quietly, because no man will loue  
 longer, than hee hath hope to bee e-  
 steemed.

If they discern in your lookes no  
 apparant signes of loue, they will  
 cease at p[re]sente, and forbear further  
 molestation: abuse not then your  
 selues with the opinion of some vain  
 headed wantons, who are perswaded  
 that



that the onely meanes to make them affected, consists in brauery of attire, and gay decking of the bodie to bee gazde on.

But I assure ye (deare Sisters) that neither golde, pearles, periwigs nor painting, but faire & comely demeanour, humanitie, gentlenesse and modestie, are the true weapons to win Loue withall, and the onely faire Trophies that beautesies his Triumph.

I haue seene more homely maides beloued for their ciuill demeanour & modestie, than faire faces for their pride and boldnes: and reason giues vs knowledge by most apparaunt proofes, that a proud minde can neuer loue as it should doo.

What thinke ye (sweet Sisters) did first of all incite and prouoke yee to loue? Questionlesse neither golde, purple, precious stones, or any other of Fortunes ornaments: but rather

9 A C

D

discreet

discreet behaviour, vertue, modesty,  
gentleness and civilitie, discerned in  
your amorous Seruants: then looke  
what first procured you to affect, the  
selfe same in others makes you to bee  
fauoured.

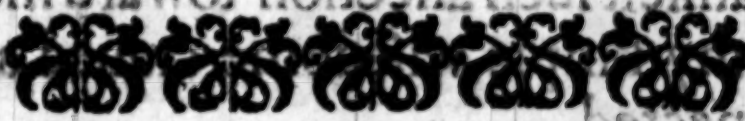
Giue then your selues to one mo-  
dest louer onely, not audaciously, as  
diuers over-bold and impudent vse  
to doe, but with a womanly cariage,  
an affable demeanour, true signes of  
humanitie, simple facilitie, & a plea-  
sing disposition, whereby you shall  
gaine as much grace, good will  
and equall affection, as you  
can wish or desire from  
your cholen fa-  
uourite.

What thinke ye (sweet Sisters) did  
first of all incite and provoke yee to  
loue? Questionlesse neither golde,  
of Porters ornaments: but rather  
discreet

D

C A P.





Cap. 8.



Hus ye see how yee should  
make your election of one  
onely Louer, of mature  
age, vertuous, modest &  
civill behaviour, as I haue alreadie  
described vnto ye: him and no other  
would I wish ye to affect, euen as yee  
seeke to bee required with the like a-  
gaine in him.

Not much differing from this pre-  
sent purpose, I begin now to remem-  
ber mine owne former loues, when  
sitting weeping by my deare beloued  
mother, I would make complaint vn-  
to her, that my Husband (the onely  
moitie of my soule, to whom I frank-  
ly gaue my selfe, despising the thought  
of anie other) seemed vnkind to me,  
and in outward appearaunce did not



manifest such affection toward mee,  
as my simple wisdom craued and  
expected.

Continuing in the heate of these  
amorous oppressions, I found but  
one comfort onely in this my martir-  
dome; which was, to weepe my fill  
daily, and declare my greefes to my  
pittyng Mother, still accusing (to my  
vtermost) my Husband with great  
crueltie.

When such large expence of  
teares and heart-renting sighes auai-  
led not, I would often intreat and de-  
sire him, that hee should not forsake  
my companie, and seeme so disdain-  
full to her, that intyrelly loved him:  
but his discrete answers (as now I  
can confesse they were, though then  
my folly would not suffer mee to dis-  
cerne so much) declared him to bee  
a wiser Husband than I was a Wife,  
and his counsell was more available,  
than I had wit to conceine.

fishinsan

s. C.

But

But I being then yong, and in the extremitie of Loues flames, as many other in the like case doo, tooke all in the worst sense, fretted, greeued, and wept alone by my selfe, imagining still, that I loued but in vaine, & fancied where I was not affected.

These troubles and molestations made me so forget my selfe, that I vsed the aduice of forcerers and charmers, hearbes, vearles, oynments, or anie thing thoght likely to induce & procure loue: them I made prooffe of, as deceming I had him not sure enough, who loued me better than I did my selfe.

In teares at length I told all to my Mother, and she being well acquainted with youths peeuish follies, worthily controlling my deepe indiscretion, vsed these or the verie like speeches vnto me.

Daughter, the eye onely is Loues director, no hearbe, no potion, no



## *The Arte of Loue.*

enchantment, neither *Circes* nor *Medeis*, that could chaunge themselves, & other humane shapes, into beasts and monsters of strangest qualities, haue anie power at all by their spells or exorcismes to procure loue, or preuaile against a minde not determined to loue.

Let her then that will declare herselfe a Louer, affect truly him whom she deemes to be the like.

One knowes not a Musitian, but either by his voyce or touching hys instrument: euen so ye cannot be reputed a perfect Louer, but by the testimonie of the true signes belonging to Loue.

Figures are fallacies, & shewes no substances; loue more priuately, than may be noted apparantly, so shall ye expresse your loues value, and your wittes vertue: for by following this course, yee shall haue this assurance, to be as intyrelly affected, as your self  
can



can fancy, and the least friendly, look  
shall finde as fauourable liking.

Heer too she added diuers other  
reasons, but none so pleasing (mee  
thought) as this.

Beware Daughter (quoth she) that  
when reports come of others despi-  
sing thee, thou be not as readie to be-  
leeue, as the other to belye, and so  
prooue as sudden in hatred, as they  
were swift to incense thee.

We should bee naturally inclined  
rather to loue thā hate, because loue  
is full of sweetnesse, and hatred hath  
no felicitie but in bitterness & lowre-  
nesse. Therefore thus resolute with  
thy selfe, that whosoever shall per-  
ceiue thy hearts firme affection, will  
hold it as religion to returne thee the  
like: leaue then these bad courses, to  
base abusers of their time, for they  
that so liue, shal worthily be loathed,  
and run into more contempt, than  
thou hast reason to consider.

O Loue, and thou shalt be belou'de;  
 be kinde, courteous, gentle, and debo-  
 naire, that thy outward demeanour  
 may win true hartes foruer: for thus  
 shall the fire that warms thee, heate  
 him, and make him as tractable, as  
 thy selfe can be affable. What though  
 he bee somewhat slow in discovering  
 his affection? thou oughtest not to  
 misdeeme thereof, but conceiue the  
 best in such a case, gouerning thy self  
 by this rule; That he who is long ere  
 he loues, is much longer ere he mis-  
 likes, for hastie fancie hath as hastie  
 flight: whereas loue growing by lea-  
 sure, hath aduise for his guide, com-  
 fort by his continuance, and true  
 fame after death to make him eter-  
 nall.

He neuer slips or falls, that runneth  
 with discretion; and the tree which  
 is slacke in sprouting, is as slow in pe-  
 rishing.

Wel worthie regarding were these  
 good



good admonitions, for (to my cost) since then, I haue found them most certaine.

How manie disdaines, how manie molestations, more hurtfull to my selfe, than offensive to him: yea, how manie wrongs bare my Husband at my hand, only through no other occasion, but because indeed I knew not rightly how to loue?

All which notwithstanding, his affection to me neuer failed, & I cantly would hee seeme to shew himselfe anie way offended: he saw it was but my want of better iudgement, & being borne weake by nature, I must needes declare the same in nurture; which though he had admirable patience to endure, yet had I no reason at all to discerne.

My Grandame beeing a Woman experient in manie things, but especially in the Arte instructing to loue, tolde mee that long since, which I found



10 *The Arte of Loue.*

found most true in my Husband. A patient man (quoth shee) is the true honour of manhood; for being evermore wise and secret to himselfe, bee his wrongs few or manie, his bosome is their buriall, and tungs abroad shal not tattle of his troubles at home. Euen so did I finde it in my Husband: for though I daily gaue him cause to be displeased, and (indeed) presumed a little too much on his patience, yet (God knowes) much griefe would he smother with a smile, pittying to to haue my errors shoven, or his disquiet reuealed to anie.

Consider then (faire Ladies) on the good precepts rehearsed, be constant in loue, & doubt not of the like: the next way to purchase contempt, is by shewing your selues vnkinde, & the surest way to win loue, is by expressing true loue; hate then the one, and be sure to enioy the honor of the other.

Cap.



## CAP. 9.



**Y**E haue hithertoo heard,  
sweete Sisters, what elec-  
tion yee should make of  
modest and vertuous Lo-  
uers; likewise, that ciuill  
conuersation and faire demeanour,  
both preuailes and purchaseth such  
meete men for ye. It remaines now  
to know the latter part, how this loue  
may be kept in perfect continuance,  
that the pleasure thereof may for e-  
uer be preserved.

Which I hope ye wil account as a  
most necessarie consequent, and that  
no lesse skill is to be vsed in keeping,  
than was in obtaining: for in com-  
passing of a thing, wee are often-  
times

## *The Arte of Loue.*

times assisted by fortune and good hap, but to keepe the same in such estate as it should bee, requires industrie, wisdom, & carefull diligence: for the felicities of Loue are subiect to manie infirmities, one while, by time and course of occasions, another, by the iniquitie and mallice of enuious persons, sometime thorough lets and hinderaunces ensuing by fortune, then againe by want of knowledge, how to guide and gouerne our selues in louing.

To Time and Fortune (faire Ladies) wee must needes bee obedient. And as he that intends to passe a Riuer, stayes on the banke till the rough stormes bee ouer-blown: so in the stearne tempests of time, wee should awaite and not wilfully cast our selues into daunger, considering that what may not bee done to day, happily to morrow in better sort will bee compassed.

Let



Let the way beneuer so long, hold on, and at length thou shalt attayne the end. Thinkethen no trauaile tedious in Loue: if thou meete anye crosse encounters, proceed on chearefully, and at last thou shalt land in the wished haue.

As for the flaunder and detraction which oftentimes attendeth on secrete loue, it may easely bee escaped, because hidden Loue is fortified on all sides with infinite good excuses, which serues as a rampart against all bad reports.

But among all the aduerse chaunces incident to vs Louers, (as I haue tried by mine own prooffe, and noted the like in others) there can no mishap whatsoeuer betide vs, but it receiues from our selues the ground & originall; as by our over-much inconstancie, pride, wilfulnes, disdain, and such like, which prooues more to our owne harme, than theirs wee seeke.

## *The Arte of Loue.*

seeke to hurt.

And let me assure yee, that there is nothing more preiudiciall to the sweete proceeding of loue, than our owne peeuish humours, which being carried away with meere shaddowes in manie things, continually deludes vs with vaine and idle fantasies in all things.

Onely our own folly and obstinate opinions, makes vs afterward sit alone, and sigh out our repentaunce, nor ensues this fault so much by improuidence, as through pride and vaine conceit at the first in our selues: therefore he spake both well and truly, that affirmed: A proud Woman could not loue effectually, because suspition continually attendeth her.

Suspition ensueth through lacke of knowledge, and distrust, waited on by disdaine; which makes vs to shun, iniure and torment them, that too dearly loue vs: thus our crooked behauiors

hauiors serue as instructors to them,  
& look what coyne they receiued of  
vs, they pay vs backe with the like.

There are some of vs women, who  
deeme themselves neuer satisfied  
with pride, furie, and scornfulnesse,  
which makes but a bad agreement a-  
mong vs: for where disdain is enter-  
tained, contempt of all kindnesse is  
the more increased, and it is pittie a  
true Louer shuld haue such a reward  
for his labour.

But she that is of a noble inclinati-  
on, gracious, benigne, modest, kinde  
and gentle, will listen to iust excuses,  
and let reason be her ruler. If anger  
would presume, she will quickly sup-  
presse it; if disdaine would attempt  
her, shee can forthwith turne it off:  
remembring, that loue must bee im-  
braced with loue, & wher the enemy  
is repulsed, the solace is with greater  
sweetnes receiued. Be not then coy,  
proud or scornful in affectiō, but (like  
your



## The Arte of Loue.

your faire semblances) full of all affa-  
bilitie.

Which of yee would denie him  
whom ye dearly loue, whatsoeuer he  
demaundeth? Little can ye do then,  
if (at his request) ye will not forsake a  
fond and friuolous opinion: learne,  
as my Lord taught me in my first af-  
fections, to reiect and despise all such  
hurtfull follies.

Iooke extreame delight, sweete  
Sisters, in commending him whom  
I knew to be compleat in all arts and  
vertues, especially this whereof wee  
now conferre: yet let it not seeme of-  
fensue to ye, that among my praises  
of him whom I loued, and euer shall,  
I mingle some of mine owne infir-  
mities, wherein, either you haue like-  
wise fallen through lacke of prou-  
dence, or maye hereafter by ouer-  
much peeuishness.

Being a yong Damosell, rash and  
vnerperienced, I began to loue, fal-  
ling

ling afterward to a little pride in my selfe, which drew me to disdain, and such fantastick humours, as falling from one peruerse opinion to another, I grew afterward suspicious of anie occasion whatsoeuer.

My Husband was a goodly personage, of exceeding pleasing speech and vertuous qualities, which made him called to manie companies, loved and esteemed of euerie one generally, and herehence began in me a world of afflictions.

Whatsoeuer woman lookt on him, I iudgd her immediatly a riuall in my loue, my thoughts were neuer free from iealous suspition: if he were in my sight, yet I deemed him not sure enough, and what woman lookt vpon him but once, I wisht she might be blinde for euer afterward.

I could neuer glut mine owne eyes with sufficient gazing on him, but desired that perpetually they might be

E

fixed



fixed on him, when he came toward  
me, no woman in the world could be  
more contented; and let him but go  
backe againe, I imagined no torment  
might be so greivous.

My too much reposing trust in him,  
began to make me distrustfull of my  
selfe: and, though needlesse suspiti-  
on had got some hold of me, as yet it  
robd me not of my loues felicitie, nor  
anieway impaired the height of my  
pleasures.

So long these golden howres, daies,  
months and yeares endured, till for-  
tune (enuying my further happines)  
suffered me to see a certaine Gentle-  
woman, who albeit her deserts else  
where were worthe liking, yet mee  
ought her familiaritie fitted not  
th. my Husband.

wit. upon, as if I had been wound-  
Here. a deadly stroke, my face be-  
ded with. and wan, deepe concei-  
came pale. e fate vppon my brow,  
ued displeasur. and



and my former pleasing disposition conuerted into such melancholy, as my Husband (being present) & conquered with compalsion, gathering by his discretion, what danger hereby might redound to our loue, both in teares, & other apparant testimonies of sorow, he declared how greatly this mishap did discontent him.

All which was no appeasing of my furious oppression, but I must needs goe complaine my selfe to my Mother: who, to witnes her owne experience, as also to withdraw mee from so vaine a perswasion, affirmed; That shee had both noted and heard their discoursing, meruailing I wold shew my selfe so immodest, as to iudge of honest demeanour so absurdly and rashly, and the Gentlewoman, coming but in kindnes to see mee, my Husband (for my sake) gaue her such entertainment, as well knowing what became him, farre better than I did.

## *The Arte of Loue.*

Her words wanted strength to remooue mine opinion, I reputed it an iniurie, and therefore I would not be otherwise perswaded, but gaue this frantick spleene such souereigntie ouer me, that I grew into a wonderfull hatred against him, concluding, neuer after to loue him againe, but rather grieuing for the affection I had bestowed on him alreadie. And in this heate, I shut vp my selfe to solitude, purposing while I liued to loath mens cōpany: loue now was changed to hate, faire looks to bitter frownes, & all else were my viter foes, but such whole fortunes did equall mine afflictions.

Alas, what fooles are we women, transported vp and downe with these amorous passions? When I perceiued my former determination of solitarinesse, to haue no likelihood of continuance, then became I deuout and religious, none but Church-goers



ers might now bee my companions, with them (sister-like) I went from Church to Church, vsing all the meanes I could deuise, to forget the loue of him whom I thought my greatest enemy.

And, least conference with ouer-manie, might alter mine intent, I would prattle with dumbe pictures, vowing this day and that day to enter religion, because I would become a sworne aduersarie to loue. See here my silly wisdom, as if I could thus haue left my Husband, at mine owne proper pleasure, being bound to him in the bond of all humilitie & dutie.

The verie thought of Loue, I found wold not agree with the austeritie of Religion; the one, in bitternes, I deemed sweet, and the other, in the very best estate, somewhat too sowre.

Thus, while with one nayle I thought to expell another, in seeking to quench Loue, I kindled it



## *The Arte of Lowe.*

more violent, and where I was but  
findgd before by the flame, now, in e-  
uerie part of me, I felt the fire hotly  
burning.

Thus one while, I would faine be  
free from Loues mightie thraldome,  
yet lothe at another, to loose his con-  
tinuall amorous seruice, whose verie  
lookes were my life, and whose ab-  
sence was more bitter than a thou-  
sand deaths.

But I was cunning enough to keep  
all this close, and seemed outwardly  
to feele no greefe at all, when (God  
knowes) how extreamely my poore  
heart was tormented.

Sullen will made me to delight in  
solitude, darke roomes and obscure  
vaults would I daily walke in, where,  
like a witleffe foole, I did nothing else  
but plague my self, and please others,  
who in secrete smiled at my peeuish  
disposition.

In the end, being well disciplinde  
with

with mine owne disease, and more wearie of this oppression, than I would the world shuld haue known, I became a little more friendly to my Husband, desiring that still he would keepe me companie, and I might be his glasse continually to gaze on.

To ease himselfe of my daily molestations, and somewhat to sooth me in this friuolous humour, he yeelded to let his owne affaires run lauishly at randome, and suggest my sottishnes with all possible conuersation & obseruance.

When I had gotten this vaine victorie, it were wonderfull to tell you, how prowde I became thereof, for then I beganne to determine a soueraintie in my selfe, to make my will a law, and his submission the onelye pillar to maintaine and vnder-prop it. I grew then into such extremitie of bold and vndecent presumption, that I would esteeme of him as I



list, offend him when I pleased, ha-  
 uing no other reason, but onely his  
 patient sufferance: if he laughed, I  
 would lowre; if hee spake faire, I  
 would be froward; if hee desired to  
 walke, I would carrie at home; if he  
 inuited friends to be merrie, I would  
 deuise al the meanes I could to make  
 them malcontent: thus home was a  
 hell to him, abroad, little or nothing  
 better, and I (like a verie diuell) con-  
 tinuallly tormenting him.

But who sustained the worst al this  
 while? His patience did priuiledge  
 him for inward vexation, so that my  
 selfe bare the burden of this disquiet,  
 and I did my selfe more harme, than  
 I could doo him: for my blood began  
 to drie vp, my mind afflicted with in-  
 supportable sorrowes, all my veynes  
 seemed as shrunk and wythered, &  
 daily was I subiect to (welneere) ho-  
 werly swounings. Which my pitti-  
 ful Husband with great griete behol-  
 ding



ding, my former faire shape to bee so strangely altered, and without any iust cause of offence proceeding from himselfe, he still desired to know the reason of this maladie, & whether it lay in him by any means to help it, or if at him I was thus offended. If not (quoth he) but that your displeasure is kindled against some other, wrong not your selfe with these sharpe tormentings, but let mee reuenge it on whom so ere it be: for it is a debt due to Loue, and a right which hee doth by great reason challenge, that betweene two vnited soules, nothing should bee kept in secret, but the one bee alwayes priue to the others oppressions; because a Louer (in such a case) is to be commaunded, and eithers counsel is not to be scorned, but obeyed as the onely salue to cure any amorous sicknes.

But I (euen as it is the nature of manie other women, neuer to be suffised  
with

## *The Arte of Loue.*

with iniury, much lesse, with reuenge) one while tooke pride to see him humbled, another while practised how to preuaile more & more against him, smiling to see him so obsequious, & I sit (as it were) controlling ouer him.

I wished that he might know the ground of my greefe; yet, if by my speeches hee anie way perceiued it, with stout courage & sollemne oaths I would flatly denie it: affirming that he had no way offended me, but the cause of my distemper grew by others. Then would I shew disdainfull looks, scorne to keep him company, and expresse manifest hatred against him; and so long I continued in these pestilent humors, onely to make him wearie with the weight of this martyrdom, that I could sing when hee sighed, smile when he wept: & (thogh indeed I lou'd him) yet I took a great pride in these commaunding behaviours.

Thus,



Thus, though outwardly I appeared to bee high minded and imperious, yet iualozie within kept me hot & fiery, loading me with more mightie molestations, than those foolish conceits of mine could burden him withall: yet still his patience exceeded my presumptions, and the more I grew stubborne, the lesse he cared for it. How sorie haue I been (manie times) within my selfe, that I could not by my disdaines and outrages, prouoke him to anger? I could haue wisht my selfe in hell, to haue gotten him but half way thither. See (poore soules) the folly of our selfe wills.

When all the rest preuailed not, to plague him as I would, I fell to this wicked purpose, to seeme in outward shew quite weaned from his Loue, and that my affection was inclined to some other; which to make hym the more soundly belecue, in his sight I would talk idly & fondly with  
yong



## *The Arte of Love.*

yong Gallants, to kindle the same fire in him, that flamed so extreamely in mee.

Thus after long seeking mine own miserie, at length I found it; and I was not so greedie of compassing it before, but then I would as gladly haue been rid of it againe.

Much raine weares out the roughest marble, and with continuance of strokes the hardest Steele is pierced: euen so, the greatest patience (by extremities) may be peruerred, and the kindest hart made cruell by intollerable torturing.

His loue, which before flamed toward mee like *Aetna*, became now more cold than frostie *Caucasus*; his kinde lookes, faire presence, and admirable sufferance, were now sowre frownes, moodie gestures, & stearne impatience: which (finding to my cost, and feeling to be so cruell) then, each word I had spoken, each deede  
I had

I had done, & euery priuate thought which had displeased him, with true teares I bewailed, & with sighes from my soule intirely repented.

But what a hell is it, when repentance auailles not? Let me complain, it was to no purpose, though I sighed and sorrowed, it had no successe: his wrongs had been so mightie, and my wilfull transgressions so manie, as I could not but expect a iust deserued punishment, hauing thus (through mine owne folly) procured both his hurt and mine owne.

Infortunate wretch, my teares and torments I cannot expresse vnto yee: the nights seemed too long, wearying me with a thousand reuoluings and repentances, the dayes likewise appeared gloomie and dark, because I had no succour but solitude onely.

My breast was nothing else but a store-house of cares, griefes and vexations; my thoughts, like distempered  
red

## *The Arte of Love.*

red seas, diuerfly transported, one while with anger, then with repentance, now with disdain, then again with loue; now with pittying my self, then him whom I had displeased: I would, and I would not, I wept, pleaded excuses, told my selfe the whole storie of my silly behauiour, wishing I could againe haue recouered so much time spent in vaine.

At length it was my good fortune, (though all this while I had been so vnhappy) to know for certainty, that my former suspition concerning the Gentlewoman, which had been the cause of my so long discontentment, was nothing els but the folly of mine owne peeuish fancie, and no offence at all committed by my Husband.

Had I not then great reason to bee ashamed of my selfe, as one almost vnmeet for anie vertuous company? Iudge you (faire Ladies) that are carefull of your honours, and would not haue



haue your good names to bee anie way scandalized: was it time to submit my selfe speedily or no? & to beg fauour of him, to whom I had beene so farre vnfriendly?

But to see how different the nature of men is from vs women, & where true wisdom is embraced, how no malice can haue long predominance: he, who neuer was acquainted with vnciuill disdain, but euermore despised all franticke follies, vppon my submission vvas immediately satisfied; all offences past before, vvere presently forgiven, and as effectually forgotten, as if neuer at all committed.

Then could I not chuse but confesse my infirmities, finding that most true vvhich him selfe had alwayes taught me, that in loue the least suspition is forthwith to be disclosed, & a conceit no sooner taken, but presently to be told.

For,

## *The Arte of Loue.*

For, a Louers best strength is subiect to much weaknes, and suspition once entered the minde, will hardly with reason or perswasions be mastred. It may bee compared to an Egge, the more it is heated, it waxeth the harder: so jealous suspect, the more it is credited, the worse it is for vs; and the lesse wee regard it, the greater is our quiet.

They that pay for experience, as I did, will rue it as I doo; and they that preuent the sweetes of Loue by their own wilfulnes, may wish for them afterward, and yet walk without them. My lucke was little better, which I sigh to remember, because when our felicitie began again to be firme, and that now I would not loose the least portion of pleasure, our Countreyes affaires robd mee of my Husbands companie; where, with the losse of him, I would my life had perished.

Cap.





C A P. IO.

**T**Hus fals it out with vs (fair Sisters) alas too often, we care not for delight when wee haue it in possession, but would giue our liues for it when it is too farre from vs.

See then how manie inconueni-  
ences attend on false suspicion: suspi-  
tion breedes disdaine, disdaine couets  
reuenge, reuenge prosecutes iniuries,  
which iniuries doo bring the wracke  
and ruine of all loue delights: this  
makes our soules opprest with infinit  
molestations, beeing a more plague  
to our owne selues, than them wee  
would offend. Thus in stead of smi-  
ling, we fluce forth whole riuers of  
teares; for friendly conference, wee  
vse bitter taunts and tearmes: & loue

F

be-



## *The Arte of Loue.*

being created a heauen, wee make it worse than hell; then shun suspition as a deadly poyson, for that is the on-ly enemy to true loues felicitie.

Seeke not for that which yee will be sorrie for afterward & enquire not too curiously after your Louers liues: for belecue mee (faire Ladies) if you be wronged in loue, and know it not, the blame is theirs, not yours; and an iniurie endured, is better than one offered.

Couet not then to know, what ye cannot wisely gouern: if he be kinde to you, it is sufficient; if he erre without cause, your glorie is the greater. But neuer will hee stray abroad, that findes all well at home; & neuer will he care for another, that may haue his owne in quiet.

Without thred, a needle serues to no vse, nor the pleasures of loue, without due prosecution: and though a needle haue two, three eyes or more,  
by

by reason whereof it carries as many  
threds with it, yet it makes but one  
enttance, marrie it makes the worke  
the faster: euen so, he that delights to  
dally with manie, bindes himselfe  
thereby the more strictly to her hee  
loues indeed.

But happie is she that knowes how  
to ioy with him whom manie couet  
to enioy, and she that can skill of ma-  
king her self the cheefest, shalbe sure  
to finde no equall in her loues good  
fortune.

**C A P. II.**

**O**ue then (sweete Soules) the  
men that loue you, be conten-  
ted with your liking, and seeke  
not to know that which will hurt ye:  
flie suspicion, disdaine, and all other  
proud humors; belieue none but him

**F 2**

ye loue,

## *The Arte of Loue.*

loue, if yee wish well to your owne selues: for look what loue ye extend, the like shall ye finde againe, and the firmer ye keepe your faith, the faster shall ye finde his, whom ye haue chosen to affect.

Thinke not but mens constancie in loue must needs goe beyond ours, for men bee lesse suspitious than wee are; therefore they haue the greater wisdom and gouernment.

They perseuere more than we can, because they are lesse obstinate.

They are not so sudden in ill conceit as we be, because they haue better courage and loftie disposition.

They cannot beare hatred so long as we vse to do, by reason they are of a more magnifike minde, and affable nature.

No hindrance whatsoeuer can stay them in their amorous deseigns, because their permanencie exceeds ours, and their qualities are not so apish



pish as ours.

Some of vs women are timorous,  
and the least occasion offered, is our  
guide to suspition: which friuolous  
humour makes vs scorne others, al-  
beit our owne errors goe farre be-  
yond theirs.

Each smal offence we seek reuenge  
for, hauing no moderation in malice  
and misliking, but liue as capital e-  
nemies to them that loue vs most.

We know how to offend, but not  
to suffer: wee are quickly led into er-  
rour, but neuer firme in beleefe, for  
looke how our opinions are, such bee  
our behauiours, and an imagi-  
nation once settled, is not in  
haste remooued.

~~~~~



and the occasion offered is one  
 guide to his own private  
 humors makes vs become others, as

**I**dis opinion hath alwayes  
 beene the destruction of  
 kindnes. For (as my Hus-  
 band once told mee) it re-  
 sembles the Mole, that beeing in the  
 deep earths obscuritie, straiues about  
 euery way, passing thorow the har-  
 dest mold of helmeptes with all; now,  
 so soone as she comes but to the day-  
 light, all her force and strength im-  
 mediately failes her: even such is this  
 iealous opinion hid within the darke  
 clowde of an afflicted minde, it ne-  
 uer cealeth to remoue fresh thoghts  
 with infinit perturbations: but when  
 truth doth discover it, it is presently  
 nothing.

When ye manifest your conceipt  
 to him yee loue, vsing withall some  
 reason

reasonable excuse, ye cleare both his doubts and your own dread: encreasing (withall) his affection the more toward ye: for then yee declare, all trust is not remooued, and shew a desire of loue to be continued. Which in like occurrences hapning afterward, makes him the more careful of offensive behauiour; and when occasion is hindred, the lesse wrong can be offered.

Whereas on the contrarie, suspect kept within the heart and not reuealed, caries ye headlong from one bad conceit to another; and then yee see what mischeefe immediately follows. For a man tost in the tempest of continual molestations, if he finde that reason bee vterly abandoned, though hee giue yee leaue to pursue your head-strong opinions, yet hee will bestow his loue, where hee may finde it in better sort requited. Is not this a faire haruest of such foolish



## *The Arte of Loue.*

humours? and a verie meete recompence for such vain and rude demeanour? Yee may then sit and sigh, but who will be mone ye? You may crie for comfort, and it flies the faster from ye.

And when this shall come to the eares of others, what censure will they presently passe vpon yee? That ye were rash, indiscreete, vnthankfull and vnkinde: yee were beloued, and despised it; had a true Loue, & knew not how to vse him; therefore worthily do ye beare the burthen of your owne abuses.

Others, lesse acquainted with these mightie disgraces, seeing ye not walk as ye were wont, not your Loue keeping yee familiar companie, they iudge as their opinions please them; That, either greater faults are committed, than may well bee endured, or such imperfections crosse your course, which rather deserue burying  
in

in silence, than publicly to be spoke  
of, for scandall of the Sexe.



CAP. 13.

**I**f I may so come to passe, that  
your Louer being ouer pas-  
sionate by reason of your of-  
fences, and touched too neere with  
the piercing point of your continual  
iniuries, will reuenge himselfe with  
your shame, and ease his owne op-  
pression by your publique defamati-  
on. For ye must thus be perswaded,  
that hee whome your rigours haue  
brought to an extreame estate, as it  
were next neighbour euen to deaths  
doore; will regard your disgrace no  
more, than you did his disease; and  
take as little compassion on your ho-  
nour, as you did on his life.

Remember then (deare Sisters)  
that



## *The Arte of Loue.*

that by beeing so vniust, proud, vnkinde and dildaintull, the lampe of faire renowme is quite extinguished: and in stead of true loue with the pleasures thertoo pertaining, ye shall receiue but counterbuffes of your owne cruelties, and a iust measure of reuenge, for beeing so desirous to seeke it.

Alone shall ye be left without Louer or Seruant, accompanied onely but with teares and sighes: & where before you suspected a riual in your loue, you shall then finde your selfe not to be lou'd at all: but, like one cast off and despised, fearing (withall) to be further afflicted.

Consider (faire Ladies) the most constant patience (being too far provoked) conuerteth into furie; and a wrathfull Louer is more to be feared, than a sauage monster that hath no reason.

*Cap.*





C A P. 14.

**E**ertoo could I adde diuers  
other such discommodi-  
ties, no lesse to bee respect-  
ed, your selues beeing the  
originall. Yee shall finde that those  
plesant places, where before ye were  
wont to passe the time in sport & de-  
lights, through want of his compa-  
nie that then graced the Assembly,  
they are become like solitarie deserts,  
and vnhaunted walkes, not so plea-  
sing before, but now as vncouth. A-  
las poore soules, what a torment wil  
it be vnto yee, to see the yeares faire  
seasons so often wheele about, when  
ye wer wont to be at amorous sports,  
sweete conference, and other deli-  
cate recreations: now to finde no  
more, but that ther were such times,  
and

## *The Arte of Loue.*

and once yee had a Loue, who made all those delights in their verie chieffest luster? For now the times are miserably changed; ye are left companionlesse, ioyleffe, neighboured on euerie side with greefe and calamitie; sighes and teares abound, but return no benefit; manie eyes looke on, but none lending pittie; and that which indeed is the verie worst of all, abandoned by him, who was your liues solace, & bayted at by euerie one for a course so carelesse.

Then bee no more (sweete Sisters) like to blowen bladders, puffed vp with proud opinion and needlesse suspition, seeking therby to make conquest of your Louers. What victorie call yee that, which hurteth your owne selues, and bringeth (beside) the losse of your Loue? Striue to vanquish & surmount him in loyaltie and kindness, and then the victorie will bee to eithers profit.

It



It is a farre greater emperie, to make your selues belou'd by louing, than reaching thereat by sinister waies, to procure your Louers damage, and your owne downfall : for in nothing is a gentle & braue minde more to be discerned, than in lenitie, humanitie, pittie, and affabilitie; where contrariwise, loathsome disdain breeds all inciuitie, and none but a wicked minde dooth nourish such thoughts, as knowing neither how to reuenge, nor how to pardon.

Then least yee should fall into such misfortune, & haue your faire names blemished by so foule a blot, follow the courses I haue alreadie declared, giue your selues to loue truly, and yee shall finde loue againe as truly.

Chuse a Louer as I haue aduised ye, neither yong nor old, modest and vertuous : win his loue by gentlenes and all faire behauiour ; so shall yee still preserve Loue in his cheefest soueraigntie



## The Arte of Loue.

ueraintie, and make the issue there-  
of peacefull and glorious.



### C A P. I V.

**R**emember heere withall, that  
your quiet will be the more  
effectuall, if so soone as a  
fond suspition is conceiued,  
yee seeke for immediate resolution  
therein, remaining firme and immo-  
uable in your selues, as also toward  
him whom your hart hath elected, as  
knowing the benefite that ensues by  
the one, and the vnreouerable losse  
hapning by the other.

And, affecting thus with intyrest  
faith, diligent obseruance, and all  
kindes of gracious vsage: the mise-  
ries and mishaps attending on proud  
opinion, which is the vtter ship-  
wrack & perishing of loue, can neuer  
pre-

preuaile against yee, but howrely ioy  
and felicitie euermore await on ye.



C A P. 16.



Ad I more leasure, I  
would teach yee manie  
other rules to be obser-  
ued in loue: but I see the  
Comedie is in some for-  
wardnes, & the Personages ready at-  
tyred that are to present it: then till  
some other time & place conuenient  
wil I refer what remains as yet vndis-  
couered, as hauing not gone throgh  
a quarter of the hundred kindes of  
loue. In meane while, sweet Sisters,  
shew your selues pleasing and tracta-  
ble to your Louers, be not offensive  
to them, and thereby hurtfull to your  
selues. Be warned by the multitude of  
so many exāples, change not plesure  
for

## *The Arte of Loue.*

for paine, solace for fighting, and all  
loues heaven, for foule hates hell.

As ye desire to be beloued, so shew  
you the like : no enchauntment, no  
hearbe, no charme preuailes so much  
in loue, as the verie power of an im-  
moouable affection.

Loue then, and shun all misbeliefe  
of your Louer, then will he embrace  
ye with all due correspondence : dis-  
robe your selues of iealous doubts,  
dildaines and opinions; so shal  
your liues bee matchlesse,  
and your Loues im-  
mortall.

*Tutto vince Amare.*

**FINIS.**





